



# Better Health Begins With You!

## Bolje Zdravlje Počinje sa Vama!

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Dnevno uzmite 6 do 11 malih porcija hljeba malog procenta masnoće, cerealija, pirinča ili testenina. Naprimer, za doručak ovsena kaša, sendvič za ručak, i nezačinjen pirinač za večeru.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Uzmite svakoga dana po 5 porcija voća i povrća. Naprimer, za doručak možete imati sok od narandže, za ručak salatu, i malo zelenog povrća sa kuvanim krompirom i groždem uveče.

**3. Drink at least 8 glasses of pure, fresh water every day.**

Popite najmanje 8 čaša čiste, sveže vode dnevno.

**4. Eat lean, low-fat meats, such as chicken or fish.**

Jedite posno meso malog procenta masnoće, pileće ili ribu.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Od mlječnih proizvoda birajte one sa malo ili nimalo procenta masnoće, kao naprimer obrano mlijeko ili voćni jogurt.

**6. Limit your intake of sweets and alcoholic beverages.**

Ograničite količinu slatkiša i alkoholnih napitaka.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

Svakoga dana budite fizički aktivni. Šetajte, plešite ili igrajte.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Za kuvanje koristite biljno ili canola ulje umjesto sala ili životinjskih masti. Biljna ulja su bolja za vas jer ne sadrže holesterol.

### Bosnian Language Version

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